

SCOOP THE CUB REPORTER

Who Did the Boss Bet On Anyway?

BY "HO"



THE illustration shows a universally satisfactory Hub-Mark Overshoe. Like all Hub-Mark Overshoes it is made of the finest stock with special workmanship.

Made in light or heavy weight, high and low styles.

Hub-Mark Rubber Footwear is made in a wide variety of kinds and styles to cover the stormy weather needs of men, women, boys and girls in town or country.

The Hub-Mark is your value mark.

HUB-MARK RUBBERS
The World's Standard Rubber Footwear
For sale by all good dealers.

MANY ARE PICKING HARRY LEGORE AS SEASON'S ONE BEST FOOTBALL STAR



Harry Legore of Yale.

With the close of the football season even now almost in view various ideas about All-American selections are floating about and the season's individual star is being picked. They are plenty who not merely assert Harry Legore to be a remarkable football player but the one leading player of the year. Legore's punting, speed and all-round starring in the back-field have meant much to Old Eli.

Too Much Food More Dangerous Than Too Little

(Quoted from PICTORIAL REVIEW for November)

Avoid overeating. Overeating, aside from the interference with personal appearance, is wasteful and harmful. The amount of food necessary for a person depends upon the amount of active energy-consuming work performed by that person; it also depends on the time of the year—cold, wintry days requiring more food fuel to keep the body warm. Eat enough, so that the appetite is just satisfied. The amount that you eat is a matter of habit and like other habits can be regulated.

Those who exercise, or who do a moderate amount of muscular work, require more meat than those of more sedentary habits. Too much meat causes an increase of the blood pressure, in addition to this, when used in unnecessarily large amounts it also produces substances that irritate the liver.

and kidneys and create disturbances in these places. Many people eat as much as a pound of meat daily and suffer the consequences of this over-supply in the form of various ailments. Whenever this amount has been reduced to one-third, the ailments have disappeared. Meat equivalent to one-half pound daily is ample for the man who does a moderate amount of muscular work. A growing boy of sixteen or more of age requires an equivalent amount, while a girl or woman will need about six ounces of meat each day.

Meats—and by meats are meant the butcher's meats—in the order of their digestibility are beef, mutton, lamb, veal, bacon and pork. Meat should be eaten only once a day at the heaviest meal.

The green vegetables can, to a slight extent, take the place of meat in replacing destroyed tissue. When properly prepared, they supply other substances not found in meat, for the use of special parts of the body. The green vegetables add palatability to the food. They include cabbage, cauliflower, spinach, lettuce, celery, cucumbers, asparagus, rhubarb, squash, and onions. To this list may be added others, usually not considered as green vegetables. These are tomatoes, turnips, beets, parsnips and radishes. The most indigestible are cabbage and cucumbers. Eat daily at least two different vegetables in this list. Potatoes, peas and Lima beans, on account of their starch, are classed separately.

The amount of fats and oily substances, starchy foods and sugar to be eaten daily depends on how much work the body is called upon to do. Fats are represented by butter, by the fat of pork, ham, and bacon, by cocoa, chocolate, by the cream of the milk and by oils such as are obtained from ore are present in olives and the nuts.

Not more than two ounces of butter a day should be used by one person. Four ounces of pork or six ounces of ham or bacon are sufficient for the daily allowance of a person.

LEWIS COUNTY NEWS EVENTS ARE REPORTED

Correspondent Keeps Tab of That Section for Readers of the Telegram.

WESTON, Nov. 8.—The splendid home of Lloyd Rinehart on the corner of Third and Main streets, which has been undergoing repairs is now about completed and he will move in soon. It has been beautifully decorated and new lights and floors put in and makes it one of the most convenient and comfortable homes in the city.

The permanent road out the Buckhannon pike needs a little attention from the court at the present time as the bank above the road where grading was done is slipping down gradually and some night after a hard rain it is likely to slip in and some one will run into it and probably get seriously hurt.

The second number of the lecture course, the Musical Art Quartet, was fairly well attended considering it was the night before election and that was a treat that no one should have missed. These lecture courses are good for the city and they should be better patronized as the committee cannot make much progress without the co-operation of the public.

Fred Caudy and another Baltimore and Ohio man are building an eating stand at the lower end of the station platform where most of the trains stop. It is a good location and is not more than eight feet from the trains.

W. A. Hoge, of Waynesburg, Pa., has accepted a position as chief electrician at the Crescent glass factory. His family will arrive this week and reside in West Weston.

A teachers' district institute will be held at Georgetown Friday, beginning at 10:30 a. m. with a fine program.

W. M. McCudden, while working on the Gaston farm on Duck creek Monday evening for the West Virginia Central Gas Company met with a very painful accident, breaking his thumb on the left hand and mashing the first finger on the right hand. Benjamin Cayton brought him to Weston in a

WEAK, NERVOUS OHIO WOMAN
Made Well by Delicious Vinol
Bellefontaine, Ohio.—"My blood was very poor—I was in a weak, nervous, run-down condition. I tried different remedies without benefit and one day my druggist told me about Vinol. I tried it and it built me up in every way—blood, strength and nerves, and I tell my friends it is the best medicine on earth."—Mrs. Earl Brunson.

Vinol, which contains beef and cod liver peptones, iron and manganese peptones, and glycerophosphates, sharpens the appetite, aids digestion, enriches the blood and in this natural manner creates strength—Stone and Mercer, Druggists, Clarksville, Va. Also at the leading drug store in all West Virginia towns.—Advertisement.

A SENSIBLE CIGARETTE IS EASY TO "DIGEST"

No word can describe that mean feeling which often follows smoking a poorly-blended but otherwise good cigarette. Such a cigarette might be called "indigestible." ¶ On the other hand, Fatimas always give comfort. They "digest" easily, smoothly as only a delicately balanced Turkish blend cigarette can. ¶ And best of all, Fatimas leave a man feeling fine and fit—yes, even after a long-smoking day. ¶ That's why men call Fatimas "sensible".

Liggett & Myers Tobacco Co.

20 for 15¢

FATIMA

A SENSIBLE CIGARETTE

Dr. M. R. Casey dressed the wounds.

Eckles, who is employed at the Weston marble works, was in Clarksville on business Monday.

Alvin Lee Clark announces the marriage of his daughter, Queen Esther, to Milo Arlington Taylor on Sunday, November 12. They are popular young people of the county.

M. L. Hunt and George Chipps came home from Akron, O., to vote.

Emory J. Bush and Richard Moffett have accepted a position with the Reserve Gas Company.

French Lynch, of Washington, D. C., was in the city this week, visiting friends. He came home to vote.

SPECIAL GRAND JURY.

(BY ASSOCIATED PRESS)
CHARLESTON, Nov. 11.—A special grand jury has been called to convene November 10 because of the increasing number of alleged violations of the state prohibition law during the closing weeks of the campaign.

TOBACCO GOES UP.

(BY ASSOCIATED PRESS)
PITTSBURGH, Nov. 8.—Chewing tobacco, which for years has sold at eight cents a package in Pittsburgh, has been raised to ten cents according to announcement made here. Manufacturers considered the advisability of either making the packages smaller or raising the price and after some deliberations decided upon the latter course.

To keep disk phonograph record clean an inventor has patented a small brush to be mounted in front of the needle.

Rady & Deem Co.
Tailors and Cleaners
Both Phones, Gore Bldg

SEATS 7; WEIGHS 3005 LBS. BEAUTIFUL AND LIVELY

That well describes the 7-passenger 6-30 Chalmers. The car of the double cowl, marine lines, long tufted upholstery. Its activity on hills and in city streets has caused wide comment. Sane in design and sensible in action. Easy on the pocket book.

Until Nov. 30 only \$1280. After that \$1350. A quality car.

(All prices f.o.b. Detroit)

CHARLES T. COLEMAN, Mgr.
COLEMAN GARAGE COMPANY
210-12 S. Second Street.



"CUPID" BLACK, YALE'S CAPTAIN, ONE OF CHUBBIEST STARS OF THE GRIDIRON



Elmer "Cupid" Black.

"Cupid" Black, Yale's captain and star line-man, is one of the real heavyweights of the pigskin pastime and though not long on speed is a powerful instrument for the Blue in many of their best plays. "Cupid" will have every chance to use his large frame when the Bulldog battles with the Tiger November 11.

Concrete Buildings Are Fire Proof—Rat Proof Eternal

Rats have no use for buildings in which they cannot gnaw and destroy — burrow and hide quickly—breed and live in ease and plenty.

Don't let them destroy the feed that should go to your live stock — build of concrete and keep them out for all time. Concrete buildings last forever and are fire-proof, rat-proof and time-proof.

Our free 112-page book tells how you can erect them yourself with unskilled help. Send for it.

Concrete for Permanence—**SECURITY**, the Permanent Portland Cement.

SECURITY CEMENT & LIME CO., HAGERSTOWN, MARYLAND.

Sold By
CENTRAL SUPPLY CO.,
Clarksburg, W. Va.

COME ON!
NO USE STOPPING HERE

FINE TAILORING

We have the greatest line of Woolsens ever shown in Clarksburg. Our tailoring is done in our own sanitary shop. We have the best of journeyman tailors that can be procured anywhere.

Call and let us show you how we make them.

Bloch Tailor & Co.

Pike Street.

Masonic Temple